

# Growing Healthy Families



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Vermont Department of Health • 1-800-464-4343 x7333  
[www.healthyvermonters.info](http://www.healthyvermonters.info)

## More color on the table

We need to eat at least 3 servings of vegetables each day for best health. All vegetables are good choices. However, often we end up eating the same vegetables every day, despite the large variety of vegetables available.

All vegetables are not created equal. Some vegetables have more vitamin A, vitamin C, folic acid and iron. These are often the most colorful vegetables.

## Eat more vegetables

- Serve 2 different vegetables at meals — when we have a variety of vegetables to eat, we tend to eat more vegetables
- Choose dishes with plenty of vegetables — stir fries, stews, vegetable soups and fajitas
- Snack on vegetables — raw carrot sticks, broccoli, red and green pepper slices
- Eat a salad with dinner — choose romaine or other dark green lettuce
- Add more to your salad — cauliflower, broccoli, peppers, shredded carrots, onions, spinach

**REMINDER:** Use your Farm to Family coupons before they expire on October 31. Farm to Family coupons may be used at participating farmers' markets for free, fresh fruits and vegetables. Many farmers' markets remain open into the fall.

Put more color on your table. Eat more colorful and nutritious vegetables, such as:

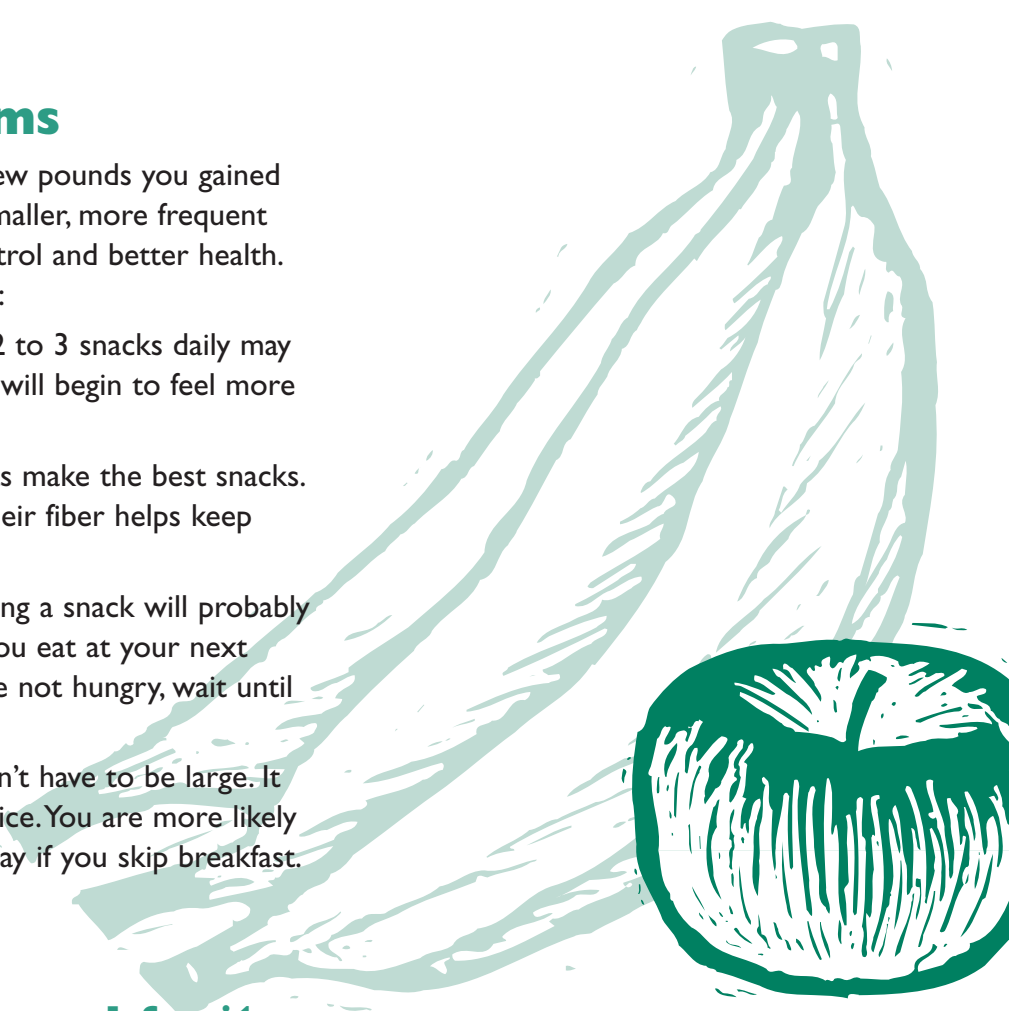
- Leafy greens (Swiss chard, spinach, kale, collard greens)
- Brussel sprouts
- Sweet potatoes
- Romaine or leaf lettuce
- Red bell peppers
- Broccoli
- Pumpkin
- Winter squash
- Carrots



## Snack times for moms

Moms, do you still want to lose those few pounds you gained after having had your children? Eating smaller, more frequent meals and snacks is best for weight control and better health. Here are some ways for smart snacking:

- Eat smaller meals. 3 small meals with 2 to 3 snacks daily may be better than 2 to 3 large meals. You will begin to feel more satisfied with less food over time.
- Eat healthy snacks. Vegetables and fruits make the best snacks. They are high in nutrition and fiber. Their fiber helps keep hunger away.
- Don't snack if you are not hungry. Eating a snack will probably not reduce the amount of food that you eat at your next meal. Listen to your body — if you are not hungry, wait until your next meal to eat.
- Eat a healthy breakfast. Breakfast doesn't have to be large. It can be a bowl of cereal and glass of juice. You are more likely to eat high calorie foods later in the day if you skip breakfast.

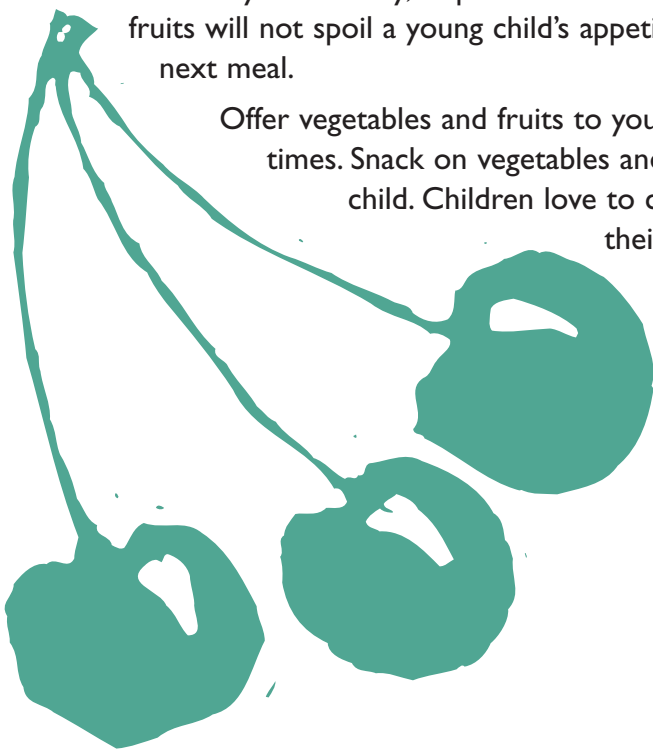


## Snack on vegetables and fruits

Children and adults need to eat at least 3 servings of vegetables and 2 servings of fruits each day. It can be challenging for children to eat enough vegetables and fruits without snacking on them. Vegetables and fruits make the perfect snacks.

Vegetables and fruits are less likely to cause overweight or tooth decay than candy, chips and cookies. Vegetables and fruits will not spoil a young child's appetite for their next meal.

Offer vegetables and fruits to your child at snack times. Snack on vegetables and fruits with your child. Children love to copy what they see their parents and others doing.



## WIC food vendor corner

Any missing, damaged or spoiled foods? Call your vendor before your next scheduled delivery day if there are any problems, including any missing, damaged, or spoiled foods. If you don't contact your vendor within a couple days after the problem delivery, he may be unable to make up the food.

If you receive a spoiled food product, please do not empty or discard it. Your vendor will need to return it in its spoiled condition to his supplier.

Thank you!

## Pizza lovers

Pizza has become one of our favorite foods. It can be a good source of protein, calcium and vitamins. Pizza can be part of a healthy diet if we make the best choices.

There are a wide variety of pizzas available in restaurants. Here are some tips to help you make the best choices for your family:

- Choose thin crust pizza — restaurants often add oil to thick or deep crust pizzas
- Avoid cheese-stuffed crusts — they have more fat
- Avoid extra cheese — order pizza with “half the cheese”
- Choose vegetable toppings — bell peppers, tomatoes, broccoli, spinach
- Choose the leanest meats — Canadian bacon, ham, chicken; high fat toppings such as sausage and pepperoni can more than double the fat in each slice
- Eat just 1 or 2 slices and have a salad with fresh vegetables and low-fat dressing
- Order a small pizza
- Take leftover pizza home, cut the pizza in half — eat half at the restaurant and take the other half home
- Make your own pizza at home with healthy toppings (see recipe in this issue)

### Crazy Crust Pizza

Serves 8

#### Batter:

- 1 cup flour (try  $\frac{1}{2}$  whole wheat flour)
- $\frac{2}{3}$  cup low-fat milk
- 2 eggs
- 1 teaspoon dried oregano (optional)
- 1 teaspoon salt
- dash pepper

**Toppings:** 1 cup chopped vegetables (try red onion, bell pepper, mushrooms, broccoli, spinach, tomatoes, zucchini)

1 cup pizza or spaghetti sauce

$1\frac{1}{2}$  cups shredded low-fat cheese  
(try mozzarella or cheddar or a combination)

Combine flour, milk, eggs, oregano, salt and pepper. Mix until smooth. Pour into lightly greased 9 x 12-inch cake pan. Arrange vegetable toppings on batter. Bake in 425° oven for 20 minutes. Remove from oven and top with pizza sauce and cheese. Bake for additional 10 to 15 minutes.

Nutrition analysis per serving: Calories 160, Protein 10 grams, Carbohydrate 16 grams, Fat 6 grams, Sodium 570 milligrams

clip & save recipe!

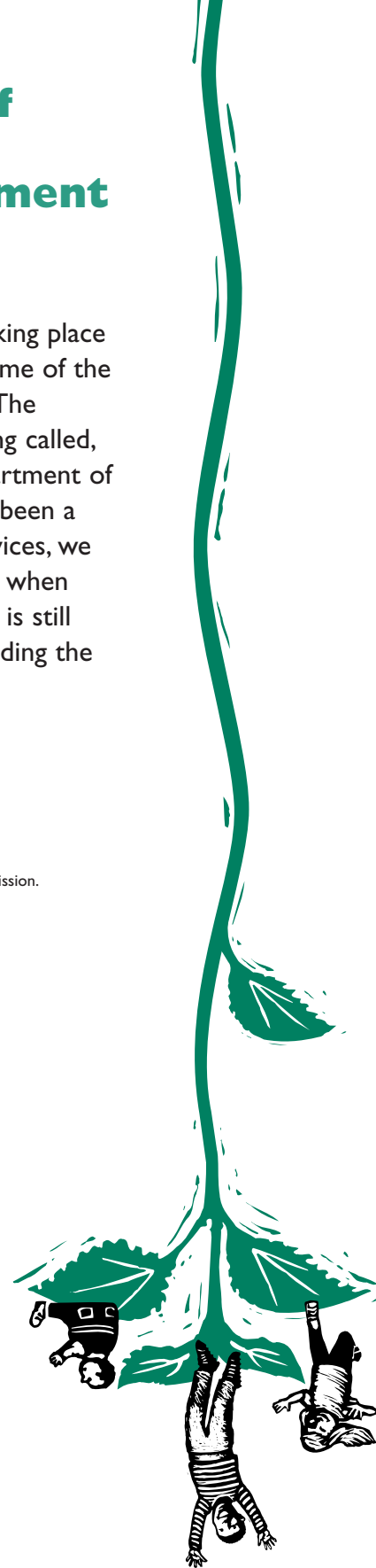


## **“Hello, Agency of Human Services, Vermont Department of Health”**

...is this still WIC?

Yes! Due to the reorganization taking place involving several state agencies, some of the department names have changed. The Department of Health is now being called, “Agency of Human Services, Department of Health.” Although we have always been a part of the Agency of Human Services, we did not use that part of our name when answering calls. The WIC program is still within the same department providing the same services.

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